



# The Prospector

Sitka Pioneers' Home

October 2018 Vol.38 No.10

## *Resident Birthdays*

<i>Vance Kendall</i>	<i>10-3</i>
<i>Robert Gardner</i>	<i>10-10</i>
<i>Ron VanGeystel</i>	<i>10-21</i>
<i>George Trani</i>	<i>10-25</i>
<i>Doris Fox</i>	<i>10-26</i>
<i>Joseph Griffin</i>	<i>10-27</i>

## *Staff Birthdays*

<i>Leanna Bagley</i>	<i>10-17</i>
<i>Isa Ramil</i>	<i>10-21</i>
<i>Skye Workman</i>	<i>10-21</i>
<i>Elvira Matalang</i>	<i>10-25</i>
<i>Marchelle Rodrigo</i>	<i>10-25</i>

*October birthdays will be recognized at Home Happenings!*



## **Scuttlebutt...**



Patty Ady is a grandma! Her daughter Taja had a baby boy, Mason Wyatt Akstin, on September 18, 2018 in Georgia. Patty went to spend some time with them and we can't wait to hear about her trip. Maybe she can bring back some of that new baby smell for us...



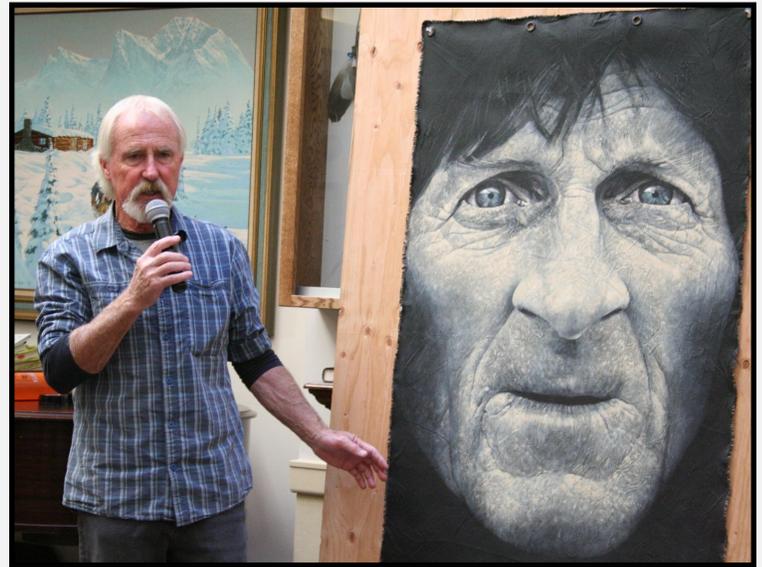
Welcome, Sana Alimohamed and Evan McKenon! They are in Sitka for a year through AmeriCorps. They are employed out in the community, but will be staying in the building for the year. They will enjoy their meals here and spend some time each month volunteering in the Home as well. We look forward to getting to know them and teaching them about what it means to live in Sitka!

# National Assisted Living Week 2018

## 'Capture the Moment'

The week was full of fun, education, and reflection!

Monday, we learned the history of photography and a few terms used in the trade. Tuesday, we enjoyed Jack's 'SE AK Canoe Adventures' Slideshow. Wednesday, Steve Lawrie gave a presentation about his painted portraits and



held a photo shoot for everyone to take a turns as the model and/or the photographer. Thursday, we shared stories about

important moments in our lives. Friday was 'The Big Reveal!' We recapped on all of the weeks' events and shared our favorite parts as well as the fruits of our labor from the photo shoot! Photo credit: Jack Hermle



**Martha H.**



**Skye W.**



**Fredi Y.**



**Jennie H.**



**Donna G.**



**Jill K.**



**Anna W.**



**Jack H.**



*Welcome  
Bernice Stedman*



Bernice Espeseth was born on December 6, 1929, to Bertine Espeseth and Larine Sigvarta Hammerseth in Petersburg, AK. Bernice had an older sister, Alice Marie Espeseth. Bernice grew up in Petersburg, where she graduated from Petersburg High School. She also attended one year of college at Pacific Lutheran in Seattle, WA. Bernice married Kenneth Stedman in November of 1951 and they had three children - Larine Dunham of Petersburg, AK; Bert Stedman of Sitka, AK and Karl Stedman of Sitka, AK. Bernice focused on raising her children, but also worked in the family insurance business and at the U.S. Post Office here in Sitka for 20 years! Bernice has many friends in Sitka and enjoys visitors. Bernice likes Bingo, gardening, walking, picnics, shopping. She enjoys going to the Senior Center and other outings. Bernice's favorite books and movies are mysteries and her favorite show is the Antique Road Show.

*Please welcome Bernice to  
Ocean View Neighborhood  
and the Sitka Pioneer Home  
family.*

*Welcome  
Alberta Hemnes*



Alberta Anderson was born to Johnas Anderson and Elsie Irene Walker on June 12, 1935 in Bessitt, Manitoba, Canada. She had three brothers and one sister, Delbert (deceased), Nadine (deceased), Bruce, lives in BC, and Kenny (deceased). Her family moved to Calgary when Alberta was one year old. Her dad was gone for six years during WWII as he served in the Army. Alberta's mother passed away when Alberta was 16 leaving her to help raise her siblings. Alberta finished high school and attended Bible school for three years, then went on to do the CNA training. Alberta went to Kansas City as a missionary for 10 years which brought her to Alaska in 1969 where she spent the last 4 years of the mission. Alberta spent about 10 years as a CNA in various locations. She met Jacob Hemnes in Sitka and they married on August 22, 1975. She has two step children: Joyce lives in Sitka, and Kurt lives in Norway. She also has two grandchildren. She has a many local friends and loves to visit. Alberta is very creative and enjoys painting. She is excited to be a part of the Sitka Pioneers' Home.

*Please welcome Alberta to  
Garden Park Neighborhood  
and the Sitka Pioneer Home  
family.*

# We enjoyed Relaxation Day!



Aaaahhhh.....

# Welcome back, Mt. Edgecumbe Preschool!



*Welcome  
Jane Eidler*



Jane Eidler was born on May 5, 1951 to Bernard Eidler and Francis Joseph in New York City, NY. She has three siblings: Barbara Eidler of Long Island, NY; Susan Eidler of Charleston, SC; and David Eidler of New Orleans, LA. The siblings grew up in New York City and Long Island. Jane graduated college with a B.A. in Sociology. Jane has traveled to Mexico and throughout Europe. She married Paul "Mike" Wild in 1984 and they have three children together: Logan Wild and Lauren Wild of Sitka, and Lincoln Wild of Ashland, OR and Hoonah, AK. Jane retired well known in Sitka as the "Blatchley Pool Lady". She was the Manager of the pool as well as a Swim Instructor for 38 years. Jane also led walking tours of Sitka for about 15 years.

*Please welcome Jane to  
Northern Lights Neighborhood  
and the Sitka Pioneer Home  
family.*

# *Alaska Day*

Tea Party preparations are underway for the annual Alaska Day Tea hosted by the Sitka Pioneer Home. On Thurs, October 18th, we will open our home to the community, inviting all in for coffee, tea, punch, and cookies. As always, there will be a variety of great entertainment. **The tea will be from 2-4pm in the Main Lounge & Gold Miner Diner.** Dresses and aprons are available on loan to dress up for the occasion. We always hope residents will help serve refreshments and greet guests. Your presence is what makes the occasion special! See Skye if you would like to help!

~~~~~  
***Alaska Day pins can be  
purchased at the SPH Gift Shop.***  
~~~~~

The **9th Army Band** will be in town for the Alaska Day festivities. Their woodwinds members will perform here on Monday, Oct. 15, 2018 at 11:00am in the Main Lounge! Please enjoy!

# *Healthcare Food Service Workers Week*

## *October 1st-6th, 2018*

*This year's theme is "Our Mission is Good Nutrition." This week is set aside annually to honor healthcare food and nutrition professionals and recognize the integral role they have played in helping employees and residents stay well-nourished and healthy.*

**Sitka Pioneer Home residents and staff  
are invited to honor the Food Services Crew this month.**

## **Sunday Piano Concerts are Back!**

**Sundays at 12:45pm**

Jamie Wileman's High School seniors  
Aani Perkins and Bella Laybourne  
started coming in to play the piano for  
us in September. Please thank them  
when you see them!



## **'For the Love of Music' Day**

With fond memories of music lovers gone by

**Tuesday, October 2nd, 2018**

11:00am Appetizer Potluck

11:15am Bonnie- Oldie Goldie Favorites

1:30pm Mike & Iko Sullivan- Jazzy Tunes

2:30pm Bingo in R-House

\*Please note: This is in addition to the regularly scheduled events!

## 4H Wild Edible Series: Rosehips Harvest and Cooking



**Tuesday, October 16, and Wednesday, October 17,  
at 3:30-5:00pm in the Recreation Kitchen.**

Come by to:

- Spend some time with the young 4H group kids,
- Learn about rosehips and sourdough,
- Harvest rose hips as a team,
- Cook sweet rosehip puree, sourdough pancakes, and try some rosehip tea.

## Sitka Rotary Club—Pumpkin Carving

**Saturday, October 27, 2018  
at 1:30pm in the Main Lounge**



**Come on by if you would like to be part of this  
Jack-o-lantern creating event leading up to Halloween!**

## Super Sporty Halloween Potluck and Party *Wednesday, October 31, 2018*



**'Fan Favorites' Potluck  
in the Gold Miner Diner @ 12:00pm**  
**Sports Party  
in the Main Lounge @ 1:30pm**



# THANK YOU!!!

Cory made waffles one day on Ocean View. What a treat! Thank you, Cory!

Becky set up vases with berry bush trimmings on the neighborhood dining tables. It was fun to see the fresh berries and taste them too! Thank you, Becky!

Allen Marine Tours took SPH residents, staff, and guests on a wonderful trip around Sitka Sound. We started off on a North bound trip through the channel toward Middle Island, around the outside and along Kasiana Island, then back through the channel. We then took a South Bound trip toward Aleukina Bay where we saw many seine boats at work. The Captain, crew, and accommodations on the boat were great. Thank you, Allen Marine, for the opportunity to get out on the boat with our friends. Each year, the many smiling faces that head down the ramp and onto the vessel manage to leave it with an even brighter grin. Thank you for making this possible for the Pioneers each year!

An outing to the Fortress of the Bear this month came with rain in the forecast. We were prepared with ponchos and umbrellas. The sprinkle didn't let up, but most were not held back by that at all. Up the ramp to a covered area, the staff of the facility educated us about each bear. Even the new baby brown bears, Nikiski and Nuka, seemed to listen as they were perched on a tall mound of dirt. The adult brownies enjoyed the pool and only paid attention to us when they were thrown some food! The black bears, Bandit and Tuli Aan, came around to see their guests, but Smokey remained hidden in the brush. Thank you, Fortress of the Bear staff for teaching us about your fuzzy friends!

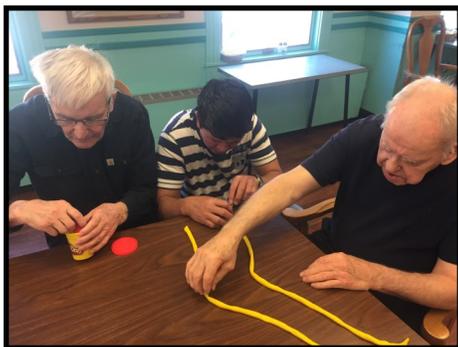
We are looking forward to the new enclosed Visitors' Center building (with lower level viewing!). We will see you again after hibernation.

Jacobo Daponte, a Colombian artist, made a very nice presentation about his art and the inspiration behind it regarding the evolution of Vallenato music and its influence on Gabriel Garcia Marquez, the author of 100 Years of Solitude. Thank you for taking the time to do this spontaneous presentation for us!



Darla Anderson brought in a large donation of art/craft supplies, greeting cards, etc. Thank you! We are happy to stock the craft room cabinets with these items.

What a wild month! There was sunshine for nearly 3 straight weeks. We took every opportunity to get outside. There was dancing and visiting, playing, and lots of smiling! Farewell Summer, we will see you next year!



## **Resident Meeting Agenda *Wednesday, Sept. 5, 2018 @ 1:00pm (Main Lounge)***

### **Attending:**

Brenda B, Betty D, Robin E, Ruth F, Donna G, Jack H, Jennie H, Fred H, Martha H, Galen I, Joe R, Jean R, Bernice S, George T, Melba V, Anna W, Fredi Y, Greg O Food Services Manager, Dayna A, Administrator, and Skye W, RTI.

### **Food Forum:**

Greg was gone for a week last month. The next events are Alaska Day Tea and Halloween. He is preparing for that. There will be fish head soup in Sept. Attendees agreed they like the bagels that are offered. There was a request for dark rye bread.

### **Agenda Items:**

New Residents: Neva Ogle and Bernice Stedman

Upcoming events:

September- Bonnie will be gone for 3 weeks. Elaine Strelow will fill the Wednesday Gospel Music slot. National Assisted Living Month events, relaxation day.

October– Alaska Day: request for dancers from SNEP

Bonnie may be forming a SPH choir. Let her know if you're interested!

### **New Business:**

Wednesday music plan has changed...Celtic and Russian music will alternate each week. Sunday piano music will start on Sept. 9th.

### **Administrator's update:**

Two AmeriCorps Volunteers will be housed here for a year. They will be setting up some times to volunteer in the Home in addition to their jobs in the community. Carrs/Safeway Pharmacy will send someone to do vaccines. AkPH Director, Amanda, will be leaving on Sept. 7th and Clinton Lasley will be the interim Director. There is an extension on the staffing analysis.

**Respectfully submitted, Skye Workman, Recreation Therapist I**



## **A Special Concert**

Thank you, Sitka Fine Arts Camp Executive Director, Roger Schmidt, and AK House Representative, Jonathan Kreiss Tomkins, for sharing your time and musical talents with us!



# Eden Alternative Journey

ALTERNATIVE®

Our Eden Alternative journey focus in Oct. through Dec. is...

## Principle One

*The three plagues of Loneliness, helplessness and boredom account for the bulk of suffering among our Elders.*

We start again with Principle One. There will be a lesson each month at the Eden Gathering and a lesson packet provided to each neighborhood. You are encouraged to join the gatherings and look at the packets to make sure you are keeping up with all of the Eden Alternative training that is available!

Look for the green lesson packet folders on each neighborhood!

### Meetings:

Resident Meeting: Wednesday, October 10 @ 1:00pm

Certified Eden Associates: Friday, October 26 @ 10:00am

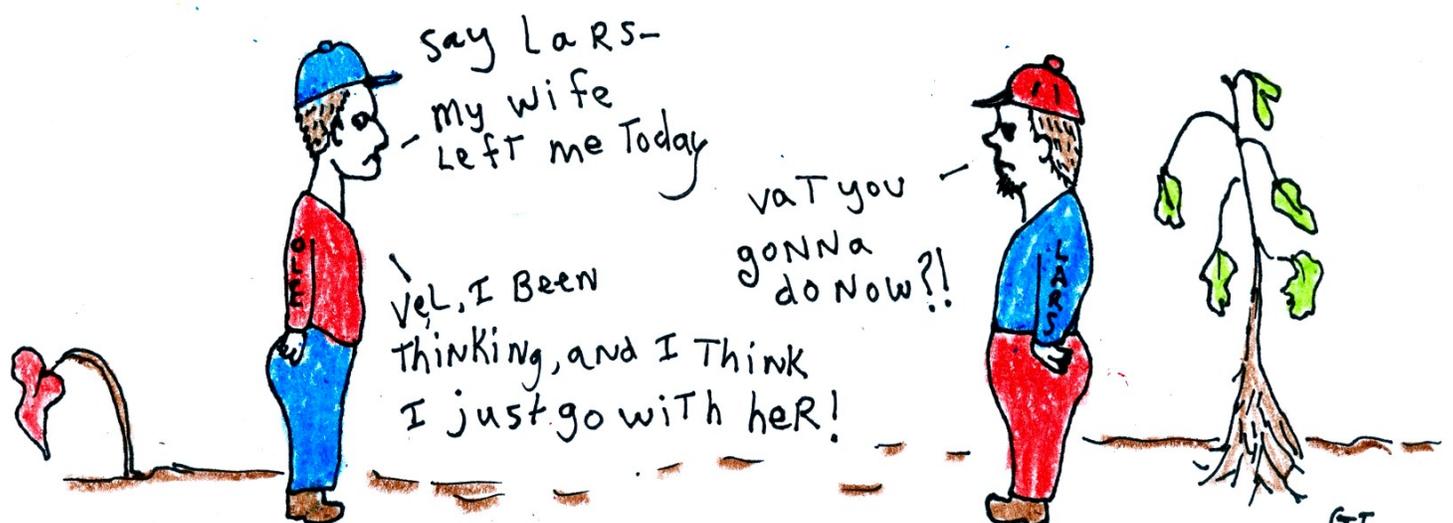
**Eden Gathering:** Friday, October 5 @ 1:00pm

Agenda: Introduce Principle One.

\*Look to the Certified Eden Associates for support: Dayna Arnold (CEE), Skye Workman (CEE), Patty Ady, Mona Allen, Shari Carroll, Chris Davison, Betty DeCicco, Dolores Doggett, Saori Handy, Kathy Inman, Rolly Jeske, Pat Kehoe-Pendell, Jill Kollerup, Minda Manuel, Lisa Partido, Grace Roller, Katy Rouse, Denise Salter, Sharon Stitz, Becky Tremain, Brian Weddel, & Fredi Young

## The Brothers Snusgood

by Galen Insteness



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BIRTHSTONE: Opal 	<b>1</b> 8:00am Visits 10:45am Circle Time <b>11:00am Exercise</b> 1:30pm Bingo 2:45pm Bonnie	<b>2</b> 8:00am Visits 9:30am Nails / Ceramics 11:00am Appetizer Potluck 11:15 Bonnie on Piano <b>1:00pm Exercise</b> 1:30pm Mike & The Jazz 2:30pm Bingo: RHouse <b>5:30pm Folk Music</b>	<b>3</b> 8:00am Visits 10:30am Protestant Service <b>11:15am Gospel Music</b> 1:30pm Bingo: RHouse <b>5:30pm Music</b>	<b>4</b> 8:00am Visits <b>9:00am Shopping</b> 9:30am Stories 10:00 Biblical Fun <b>1:00pm Exercise</b> 1:30pm Circle Time <b>5:30pm Golden Oldies</b>	<b>5</b> 8:00am Visits <b>11:00am Exercise</b> <b>11:15am Old Favorites</b> 1:30pm Eden Gathering	<b>6</b> 8:00am Visits <b>9:30am Catholic</b> 10:00am Sitka Strings 1:00pm Ice Cream Social
<b>7</b> 12:45pm Piano Music	<b>8</b> 8:00am Visits 10:45am Circle Time <b>11:00am Exercise</b> 1:30pm Bingo <b>2:45pm Bonnie</b>	<b>9</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics <b>1:00pm Exercise</b> 1:30pm S/ School Film 2:30pm Kinder Group <b>5:30pm Folk Music</b>	<b>10</b> 8:00am Visits 10:30am Protestant Service <b>11:15am Gospel Music</b> 1:00pm Resident Mtg <b>1:30pm Bingo: RHouse</b> <b>5:30pm Music</b>	<b>11</b> 8:00am Visits <b>9:00am Shopping</b> 9:30am Stories 10:00 Biblical Fun <b>1:00pm Exercise</b> <b>5:30pm Golden Oldies</b>	<b>12</b> 8:00am Visits <b>11:00am Exercise</b> <b>11:15am Old Favorites</b> 1:30pm Cake Decorating Demonstration	<b>13</b> 9:00am Visits <b>9:30am Catholic</b> <b>Service</b> 10:00am Sitka Strings 1:30pm To be Announced
<b>14</b> 12:45pm Piano Music	<b>15</b> 8:00am Visits 10:45am Circle Time 11:00am 9th Army Band 1:30pm Bingo <b>2:45pm Bonnie</b>	<b>16</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics <b>1:00pm Exercise</b> 1:30pm Movie & Popcorn 3:30pm 4H Rosehips <b>5:30pm Folk Music</b>	<b>17</b> 8:00am Visits 10:30am Protestant Service <b>11:15am Gospel Music</b> <b>1:30pm Bingo: RHouse</b> 3:30pm 4H Rosehips <b>5:30pm Music</b>	<b>18</b> 2:00-4:00pm Alaska Day Tea Party 	<b>19</b> 8:00am Visits <b>11:00am Exercise</b> <b>11:15am Old Favorites</b> 1:30pm Let's Make Apple Butter!	<b>20</b> 9:00am Visits <b>9:30am Catholic</b> <b>Service</b> 10:00am Sitka Strings 1:30pm Singpiration
<b>21</b> 12:45pm Piano Music	<b>22</b> 8:00am Visits 10:45am Circle Time <b>11:00am Exercise</b> 1:30pm Bingo <b>2:45pm Bonnie</b>	<b>23</b> 8:00am Visits 8:9:30 Nail Care w/Rolly 9:30am Ceramics <b>1:00pm Exercise</b> 1:30pm Slideshow & Popcorn w/Jack 2:30pm Kinder Group <b>5:30pm Folk Music</b>	<b>24</b> 8:00am Visits 10:30am Protestant Service <b>11:15am Gospel Music</b> 1:00pm Natural History Film <b>2:00pm Bingo: RHouse</b> <b>5:30pm Music</b>	<b>25</b> 8:00am Visits <b>9:00am Shopping</b> 9:30am Stories 10:00 Biblical Fun <b>1:00pm Exercise</b> 1:30pm Circle Time <b>5:30pm Golden Oldies</b>	<b>26</b> 8:00am Visits 10:00 Eden Associate mtg <b>11:00am Exercise</b> <b>11:15am Old Favorites</b> 1:30pm Home Happenings	<b>27</b> 9:00am Visits <b>9:30am Catholic</b> <b>Service</b> 10:00am Sitka Strings 1:30pm Pumpkin Carving
<b>28</b> 12:45pm Piano Music	<b>29</b> 8:00am Visits 10:45am Circle Time <b>11:00am Exercise</b> 1:30pm Bingo <b>2:45pm Bonnie</b>	<b>30</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics <b>1:00pm Exercise</b> 1:30pm Movie & Popcorn <b>5:30pm Folk Music</b>	<b>31</b> 8:00am Visits 10:30am Protestant Service <b>11:15am Gospel Music</b> 12:00 Fan Favorites potluck 1:30pm Super Sporty Halloween Party			

\*Please contact the Activities Department if you would like a copy of our calendar!\*

Note: Activities are subject to change